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ICANotes Behavioral Health EHR

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SOS
610 N. Silver St
Silver City, NM 88061

Medicaid ID: YIF915103969

575-956-6131
575-956-6947

Armendariz Barela, Eva

ID: 1000010729151 DOB: 6/19/1972

Group Therapy Note (SOS)

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7/29/2023
2:05 PM

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Session Remarks:

Therapy Type:

- Cognitive Behavioral Therapy
- Thought Field Therapy
- Motivational Interviewing

Today's group it started with a mood check in. Everyone discussed their current mood and how it was different or the same as yesterday. We reviewed goals from last week and discussed progress and next steps. We decided on an afternoon topic and divided the preparation of lunch and prepared it as a group. The afternoon session we explored how our thoughts and feelings influence our behaviors, choices, and outcomes. Group explored fears, hopes, and thinking patterns. Explored the five senses and how it can help reduce anxiety.

Group Type:

Focus Group: Focus groups are assigned specific topics or problem areas to discuss. The ways the group members react to each other is part of the focus of clinical attention.

Present Today:

Present at today's session were the following: 13 members.

Group Leader Interventions:

- Encouraged exploration
- Extrapolated to Life
- Therapist provided support and structure

Plan:

- Encourage Participation and Engagement
- Continue Skill Development
- Encourage increased participation.

Individual Remarks:

Appearance and Behavior:

In today's session Eva appeared flat, uncommunicative, and relaxed.

Participation:

Eva was relatively inactive today and did not fully participate in discussions.